

Statistics Report 35188, Fish, halibut, cooked, with skin (Alaska Native)

Report Date: July 16, 2017 02:28 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	72.82	3	1.866	69.38	75.78	2.0	64.794	80.853	1	Analytical or derived from analytical	--	04/2006
Energy	kcal	113	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Energy	kJ	473	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Protein 1	g	22.13	3	1.977	18.39	25.11	2.0	13.623	30.639	1	Analytical or derived from analytical	--	04/2006
Total lipid (fat) 1	g	2.73	3	1.407	1.14	5.54	2.0	-3.322	8.786	1	Analytical or derived from analytical	--	04/2006
Ash 1	g	1.39	3	0.031	1.34	1.45	2.0	1.255	1.524	1	Analytical or derived from analytical	--	04/2006
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Sucrose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Glucose (dextrose)	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Fructose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

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Lactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Maltose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Galactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Starch	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Minerals													
Calcium, Ca 1	mg	33	3	5.476	24	43	2.0	9.104	56.23	1	Analytical or derived from analytical	--	04/2006
Iron, Fe 1	mg	0.36	3	0.064	0.27	0.48	2.0	0.078	0.632	1	Analytical or derived from analytical	--	04/2006
Magnesium, Mg 1	mg	29	3	0.731	29	31	2.0	26.321	32.612	1	Analytical or derived from analytical	--	04/2006
Phosphorus, P 1	mg	275	3	8.686	265	292	2.0	237.294	312.039	1	Analytical or derived from analytical	--	04/2006
Potassium, K 1	mg	501	3	0.882	499	502	2.0	496.872	504.461	1	Analytical or derived from analytical	--	04/2006
Sodium, Na 1	mg	86	3	5.622	78	97	2.0	62.278	110.655	1	Analytical or derived from analytical	--	04/2006
Zinc, Zn 1	mg	0.75	3	0.086	0.62	0.91	2.0	0.384	1.123	1	Analytical or derived from analytical	--	04/2006
Copper, Cu 1	mg	0.041	3	0.000	0.04	0.04	2.0	0.04	0.043	1	Analytical or derived from analytical	--	04/2006

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Manganese, Mn 1	mg	0.011	3	0.000	0.01	0.01	2.0	0.011	0.011	1	Analytical or derived from analytical	--	04/2006
Selenium, Se 1	µg	60.6	3	6.673	50.7	73.3	2.0	31.89	89.31	1	Analytical or derived from analytical	--	04/2006
Vitamins													
Thiamin 1	mg	0.083	3	0.009	0.07	0.1	2.0	0.045	0.121	1	Analytical or derived from analytical	--	04/2006
Riboflavin 1	mg	0.176	3	0.009	0.16	0.19	2.0	0.137	0.216	1	Analytical or derived from analytical	--	04/2006
Niacin 1	mg	6.247	3	0.424	5.41	6.78	2.0	4.424	8.069	1	Analytical or derived from analytical	--	04/2006
Pantothenic acid 1	mg	0.486	3	0.046	0.4	0.56	2.0	0.29	0.682	1	Analytical or derived from analytical	--	04/2006
Vitamin B-6 1	mg	0.266	3	0.020	0.23	0.3	2.0	0.181	0.351	1	Analytical or derived from analytical	--	04/2006
Folate, total 1	µg	22	3	3.684	15	26	2.0	6.414	38.119	1	Analytical or derived from analytical	--	04/2006
Folate, food	µg	22	3	3.684	15	26	2.0	6.414	38.119	1	Analytical or derived from analytical	--	04/2006
Vitamin B-12 1	µg	2.55	3	0.212	2.13	2.82	2.0	1.636	3.457	1	Analytical or derived from analytical	--	04/2006

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Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, RAE	µg	48	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Retinol	µg	48	--	--	--	--	--	--	--	--	Calculated or imputed	35149	04/2006
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, IU	IU	160	--	--	--	--	--	--	--	--	Calculated or imputed	35149	04/2006
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin E (alpha-tocopherol) 1	mg	1.05	3	0.054	0.97	1.15	2.0	0.816	1.277	1	Analytical or derived from analytical	--	04/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Tocopherol, beta 1	mg	0.01	3	0.007	0	0.02	2.0	-0.022	0.035	1	Analytical or derived from analytical	--	04/2006
Tocopherol, gamma 1	mg	0.00	3	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	04/2006
Tocopherol, delta 1	mg	0.00	3	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	04/2006
Vitamin K (phylloquinone) 1	µg	0.0	3	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	04/2006

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Lipids													
Fatty acids, total saturated	g	0.498	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
8:0 1	g	0.000	3	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	04/2006
10:0 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2006
12:0 1	g	0.000	3	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	04/2006
14:0 1	g	0.078	3	0.031	0.02	0.13	2.0	-0.054	0.21	1	Analytical or derived from analytical	--	04/2006
15:0 1	g	0.007	3	0.002	0	0.01	2.0	-0.002	0.015	1	Analytical or derived from analytical	--	04/2006
16:0 1	g	0.333	3	0.116	0.13	0.53	2.0	-0.167	0.832	1	Analytical or derived from analytical	--	04/2006
17:0 1	g	0.004	3	0.001	0	0.01	2.0	--	0.007	1	Analytical or derived from analytical	--	04/2006
18:0 1	g	0.074	3	0.022	0.04	0.12	2.0	-0.022	0.169	1	Analytical or derived from analytical	--	04/2006
20:0 1	g	0.003	3	0.001	0	0.01	2.0	-0.002	0.009	1	Analytical or derived from analytical	--	04/2006

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22:0 1	g	0.000	3	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	04/2006
24:0 1	g	0.000	3	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	04/2006
Fatty acids, total monounsaturated	g	0.842	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
14:1 1	g	0.004	3	0.002	0	0.01	2.0	-0.003	0.011	1	Analytical or derived from analytical	--	04/2006
15:1 1	g	0.000	3	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	04/2006
16:1 undifferentiated 1	g	0.211	3	0.085	0.06	0.35	2.0	-0.155	0.577	1	Analytical or derived from analytical	--	04/2006
17:1 1	g	0.000	3	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	04/2006
18:1 undifferentiated 1	g	0.541	3	0.214	0.17	0.91	2.0	-0.378	1.46	1	Analytical or derived from analytical	--	04/2006
20:1 1	g	0.085	3	0.033	0.03	0.15	2.0	-0.055	0.226	1	Analytical or derived from analytical	--	04/2006
22:1 undifferentiated 1	g	0.000	3	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	04/2006

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22:1 c 1	g	0.000	3	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	04/2006
Fatty acids, total polyunsaturated	g	0.731	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
18:2 undifferentiated 1	g	0.018	3	0.006	0.01	0.03	2.0	-0.008	0.044	1	Analytical or derived from analytical	--	04/2006
18:3 undifferentiated 1	g	0.009	3	0.004	0	0.01	2.0	-0.007	0.025	1	Analytical or derived from analytical	--	04/2006
18:3 n-3 c,c,c (ALA) 1	g	0.009	3	0.004	0	0.01	2.0	-0.007	0.025	1	Analytical or derived from analytical	--	04/2006
18:3 n-6 c,c,c 1	g	0.000	3	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	04/2006
20:2 n-6 c,c 1	g	0.008	3	0.003	0	0.01	2.0	-0.004	0.02	1	Analytical or derived from analytical	--	04/2006
20:3 undifferentiated 1	g	0.003	3	0.001	0	0.01	2.0	-0.001	0.008	1	Analytical or derived from analytical	--	04/2006
20:4 undifferentiated 1	g	0.036	3	0.008	0.02	0.05	2.0	-0.001	0.072	1	Analytical or derived from analytical	--	04/2006
20:5 n-3 (EPA) 1	g	0.243	3	0.099	0.08	0.42	2.0	-0.185	0.671	1	Analytical or derived from analytical	--	04/2006

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22:5 n-3 (DPA) 1	g	0.052	3	0.022	0.02	0.09	2.0	-0.042	0.146	1	Analytical or derived from analytical	--	04/2006
22:6 n-3 (DHA) 1	g	0.363	3	0.113	0.18	0.57	2.0	-0.122	0.847	1	Analytical or derived from analytical	--	04/2006
Cholesterol 1	mg	75	3	4.351	70	84	2.0	56.18	93.62	1	Analytical or derived from analytical	--	04/2006
Amino Acids													
Tryptophan 1	g	0.335	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Threonine 1	g	1.029	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Isoleucine 1	g	1.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Leucine 1	g	1.723	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lysine 1	g	1.962	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Methionine 1	g	0.861	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Cystine 1	g	0.383	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine 1	g	0.885	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tyrosine 1	g	0.754	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Valine 1	g	1.113	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Arginine 1	g	1.304	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Histidine 1	g	0.538	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Alanine 1	g	1.280	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Aspartic acid 1	g	3.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glutamic acid 1	g	3.421	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glycine 1	g	1.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Proline 1	g	0.790	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Serine ¹	g	0.981	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Hydroxyproline ¹	g	0.107	3	0.003	0.1	0.11	2.0	0.092	0.121	1	Analytical or derived from analytical	--	04/2006
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8c, 2004 Beltsville MD